

ABSTRACT

Title: Effect of Aikido to develop fitness abilities and technical skills of the child

Objectives: Main objective of this work is to discover improving level of conditions exercise group of children for three months.
Another objective is to compare progress of technical skills in the same group of children.

Methods: For fitness abilities were used normalized tests. For evaluation gained data was used dual *t*-test and ANOVA (Analysis of Variance).
For monitoring technical skills (tumbles and techniques) was used subjective observation.

Results: In fitness abilities was confirmed, that age is main part of level of physical power. The older the child, the were powerful. After evaluation of fitness skills wasn't discovered statistically significant difference in the whole of group.
Everybody was improving in technical skills – complete beginners even advanced members.

Key words: aikido, motion skills, motion abilities, tumble technique, basic techniques of aikido